

ZIKA BASICS

Updated 7.26.16

WHAT YOU NEED TO KNOW

Current Zika Outbreak

Zika virus is currently circulating in South America, Central America, the Caribbean, and other countries, including Mexico. With the recent outbreaks in the Americas, the number of Zika cases among travelers and their sexual partners is expected to increase.

What to Do If You Think You Have Zika

There is no specific medicine to treat Zika. If you have come into contact with Zika through travel, or sex with a partner who has traveled, and start to have symptoms, see your doctor right away, especially if you are pregnant.

Resources

For more information on the Zika virus and any recent updates, visit the following websites.

Sonoma County:

sonomacounty.ca.gov/Health/Zika-Virus

California Dept. of Public Health:

cdph.ca.gov/Zika

Centers for Disease Control:

cdc.gov/zika/

sonoma county
DEPARTMENT OF HEALTH SERVICES
707.565.4567

About Zika

Zika virus disease is often mild and many people don't know they have it. It is spread to people through the bite of two specific types of Aedes species mosquito. Zika can also be sexually transmitted. If a pregnant woman gets Zika, either by being bitten by a mosquito or by having unprotected sex with an infected person, she can pass the virus on to her unborn baby, which can cause birth defects.



The mosquitoes that transmit Zika are NOT in Sonoma County

How Zika Spreads

- **Mosquitoes**

The mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.

- **Unprotected Sex** with an infected person

- **Pregnancy**

Zika can spread from mother to fetus or baby during pregnancy or birth



Zika is NOT currently spreading in Sonoma County, the Bay Area, or California. However, Sonoma County residents who travel to areas with Zika, and those who have sex with people who have traveled to these areas, are at risk for Zika virus disease.

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Protect Others

Most people with Zika don't know they have it, but they can still spread the virus. Although the mosquitoes that spread Zika are not currently in Sonoma County, it is best practice to use an EPA-registered insect repellent for **3 weeks** after returning home if you traveled to an area with Zika.



People who have traveled to areas with Zika should use condoms or abstain from sex for at least **8 weeks** after returning home. This includes men and women who did not have symptoms of Zika, and women who had symptoms or were diagnosed with Zika. The period of safe sex should be longer for men who were diagnosed with Zika or had symptoms. These men should use condoms or abstain from sex for at least **6 months**.



Zika Symptoms

Many people infected with Zika won't have any symptoms, or will have only mild symptoms. There is no specific medicine to treat Zika. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last several days to a week. People usually don't get sick enough to go to the hospital.

Zika infection during pregnancy can cause babies to be born with birth defects including microcephaly, a defect of the brain.

Women who are pregnant or trying to become pregnant should not travel to areas with active Zika infection. Condoms should be used correctly every time, or abstinence should be practiced if a sexual partner has recently traveled to an area with active Zika transmission, even if they did not have symptoms.



How To Protect Against Zika

- Avoid travel to areas where Zika virus is circulating. If you do travel to an area with Zika virus, the best way to protect yourself and your family is by preventing mosquito bites.
 - ◇ Wear long sleeved shirts and long pants
 - ◇ Stay in places with air conditioning and window and door screens to keep mosquitos outside
 - ◇ Use EPA-registered insect repellents. These are safe for pregnant and breastfeeding women when used according to the instructions
- Practice safe sex with people who have traveled to areas with Zika

